Catler®

DEEP FRYER

400 SERIES
CLASS GRADE TOOLS

Instruction Manual
Includes recipes

DF 4010

DEEP FRYER

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Congratulations

on the purchase of your new Deep Fryer DF 4010

CATLER RECOMMENDS SAFETY FIRST

We at Catler are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

IMPORTANT SAFEGUARDS FOR YOUR DEEP FRYER DF 4010

- Read all instructions before operating this appliance and save for future reference.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they will not play with the appliance.
- Always turn the appliance off, first turn off at the power outlet and then unplug cord when not in use before attempting to move the appliance, before cleaning or storing.
- Do not immerse the appliance controller, supply cord or plug in water or any other liquid.
- Do not leave the appliance unattended when in use.
- Always use the appliance on a dry, level surface.
- Do not let the cord touch hot surfaces, become knotted or hang from the edge of benchtops.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or beats. Do not use outdoors.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Catler Servise Centre for examination, replacement or repair.
- Keep this unit clear of walls, curtains and other heat sensitive materials (minimum distance 20 cm). Do not place unit under shelving or flammable materials when in use.
- Always follow the maximum and minimum quantities of oil stated in the instructions and recipes.
- Do not exceed the maximum fill level (3 litres). Never overfill the bowl with oil. Extreme caution must be used when the appliance is filled with hot oil. Always allow the appliance to cool before removing the oil.
- Do not move the deep fryer during cooking or whist hot.
- When deep frying, ensure no water comes in contact with hot oil as this will cause splattering. Ensure that the deep fryer is dry before adding any oil.
- Never lean over the deep fryer when lifting the lid. Excess trapped steam created during the cooking process will be released when the lid is opened.

- Never pour oil out of the deep fryer when either the unit or oil is shot. Allow both the unit and contents to cool completely before removing oil.
- It is not recommended to add extra oil when hot as splashing may occur.
- Always ensure the heater element and controller are correctly positioned onto the bowl assembly and filled to min/max before connecting to a power outlet.
- Do not use the deep fryer on metal surfaces, for example, a sink drain board.
- At no time should the deep fryer be left unattended when in use.
- Do not place anything on top of the deep fryer when the lid is closed, when in use and when stored.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 300 mA be installed in the electrical circuit supplying the appliance. See your eletrician for professional advice.

KNOW YOUR DEEP FRYER DF 4010

ASSEMBLING YOUR DEEP FRYER DF 4010

1. Remove lid by simply lifting off deep fryer.
2. The hinged basket is designed for compact storage (Fig. 1).

3. To extend handle, pull handle and lift backwards.
4. Lift back panel upwards and away from unit (Fig. 2).

5. Remove bowl by grasping rim of bowl and lifting upwards (Fig. 3).

6. Reverse these steps to reassemble your new deep fryer.

The stainless steel removable bowl can only be inserted one way.

NOTE

WHEN ASSEMBLING YOUR DEEP FRYER FOR USE, PLEASE ENSURE THE TONGUES (FIG.1) ON THE CONTROL ASSEMBLY ARE INSERTED INTO THE GROOVES (FIG. 2) ON THE DEEP FRYER. THE DEEP FRYER WILL NOT OPERATE UNLESS CORRECTLY ASSEMBLED.

OPERATING YOUR DEEP FRYER DF 4010

Before first use

Remove all packaging materials and any promotional labels from your deep fryer.

Wash the lid, removable bowl and wire frying basket in hot soapy water and dry throughly. Wipe inside of the bowl with a damp cloth and dry thoroughly.

1. Place the deep fryer on a dry, level surface. Ensure the deep fryer is not too close to the edge of the bench top, and that the power cord or basket handle does not hang over the edge.
2. With the basket out of the deep fryer, add oil to the bowl. Ensure not to add less than the minimum level mark or exceed the maximum level mark (3 litres).

Important: NEVER exceed the maximum fill level (3 litres).

NOTE

3. Replace the lid.
4. Plug the power cord into a 230 V power outlet and turn on the power ´On´ switch.
5. Turn the temperature control dial to the desired temperature. The red ´Power On´ light will illuminate.

Your Deep Fryer DF 4010 is fitted with a special interlock switch and will not operate if not properly assembled.

NOTE

6. Preheat the oil at the selected temperature until the ´Green´ temperature ready light illuminates.

When cooking the first batch of food, allow the deep fryer to cycle on and off twice (as indicated by the green temperature ´Ready´ light) before placing the food into the deep fryer. This will take approximately 15–20 minutes.

NOTE

POWER CORD NEEDS TO BE FULLY EXTENDED BEFORE USE.
ALWAYS ADD THE REQUIRED AMOUNT OF OIL BEFORE SWITCHING THE POWER ON AT THE POWER OUTLET.

7. When the oil has preheated, place the basket into the deep fryer in the raised position, with the basket handle in the extended horizontal position (Fig. 4).

8. Add food to the basket. Do not fill the basket so that it is more than two-thirds full.
9. Holding the fryer basket handle lift from the holding position and gently lower the basket into the oil.
10. You may choose to cook with the lid on or off the deep fryer.

Uniform-sized pieces will cook more evenly.

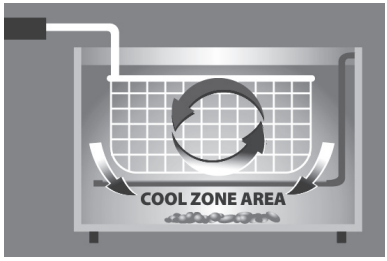
NOTE

11. When the food is cooked, raise the basket out of the oil to drain, then turn temperature control dial back to 150°C then turn the power ´Off´ with the power switch, then unplug the power cord.
12. Keep the basket in the raised position for a few minutes to drain the oil from the food before serving.
13. If continuing to cook allow the unit to regest until the ´Green´ temperature light illuminates.
14. Allow the deep fryer to fully cool before emptying the oil or cleaning the unit.

DURING AND IMMEDIATELY AFTER COOOKING, YOU MAY SEE STEAM RISING THROUGH THE FILTER VENT OPENINGS IN THE LID. THIS IS NORMAL, HOWEVER AVOID TOUCHING THIS AREA DURING COOKING TO PREVENT STEAM BURNS AS THE STEAM THAT IS GENERATED IS AT A HIGH TEMPERATURE.

AS THE BASKET ITSELF GETS VERY HOT, ONLY USE THE HANDLE TO HOLD OR CARRY THE BASKET FOR SERVING.

´COOL ZONE´ TECHNOLOGY



The submerged heating element system on the DF 4010 allows oil to be heated more effectively, and respond quickly to oil temperature change.
Oil before the heating element is cooler and allows cooked foods including crumbs to sink to the bottom of the stainless steel bowl and not cook any further, tainting the oil taste.
This allows further cooking to take place without food particles interfering or tainting the cooked result.
The Cool Zone Technology results in less need to change the cooking oil. Used oil can be re-used more times than in standard deep fryers.

AUTO CUT-OUT RESET BUTTON

Always add the required amount of oil BEFORE switching the power on at the power outlet. An Auto Cut-Out safety switch will be activated if the unit is turned on without oil in the bowl.
To re-activate the unit, let the unit cool completely and then reset by pushing the red button on the back of the controller assembly above the cord storage.

CARE AND CLEANING

- Before cleaning the deep fryer, always make sure the unit is disconnected from the power outlet.
- Make sure the unit and oil are completely cool. Do not attempt to move or carry the deep fryer, element and control assembly while it is hot.
- Wash the basket in hot soapy water. Dry thoroughly.
- Remove the control assembly of the deep fryer by lifting upwards (Fig. 5).

- Grasp each side of the removable bowl and lift upwards (Fig. 6).

- Empty the bowl of cooled oil. As oil can be re-used several times (depending on type of food cooked), filter the oil through a fine sieve.
- The removable stainless steel bowl allows for easy cleaning. Wipe down the bowl with absorbent paper, then a damp cloth and a little mild detergent. Finally wipe the bowl with a clean damp cloth and dry with a clean dry cloth.
- Wipe over the controller assembly and element with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- The removable bowl, frying basket and outer body are dishwasher safe.
- Wipe over the outside of the unit with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- Reassemble unit for storage.

POWER CORD NEEDS TO BE FULLY EXTENDED BEFORE USE.
ALWAYS ADD THE REQUIRED AMOUNT OF OIL BEFORE SWITCHING THE POWER ON AT THE POWER OUTLET.

COOKING GUIDE

The cooking times given in this chart are only a guide, and should be adjusted to suit the quantity of food being deep fried.

Food	Temperature	Approximate cooking time
Fish (in batter)	180 °C	5–7 minutes
Fish cocktail pieces (in batter)	190 °C	4–6 minutes
Chicken pieces (crumbed)	170 °C	12–15 minutes
Prawn cutlets (raw, crumbed)	180 °C	3–4 minutes
Potato wedges (pre-cooked)	170 °C	7–10 minutes
Potato chips (thick)	190 °C	5–6 minutes
Potato chips (thin)	190 °C	2–4 minutes
Onion rings	190 °C	2–4 minutes
Spring rolls (small)	180 °C	4–6 minutes
Mushrooms	150 °C	4–5 minutes
Fruit fritters	180 °C	4–5 minutes

HANDY TIPS

Food should be crisp when deep fried. If results are soggy, it is because the oil is not hot enough. This can be attributed to one or more of the following:

- Not enough preheating time.
- Temperature setting is too low.
- Too much food in the basket (do not fill more than two thirds full).
- Do not use solid frying oil, only use liquid oils.
- Use a good quality liquid oil. For best results we recommend the oils listed in the table below. We do not recommend fats that deteriotate quickly such as lard or dripping. Deep frying in butter or margarine is also not recommended because of the low smoke-point temperatures.
- Oil can be re-used several times before it starts to break down (smoke-point decreased ie. The oil will burn at a lower temperature, fried food will be less crisp). Filter the cooled oil through a fine sieve then store in an airtight container in a dark place. As oil will absorb food flavour, it is a good idea to label the container with the type of food the oil was used for. For example you would not deep fry a dessert in oil previously used for cooking fish. A fine sieve can be a new chux cloth, paper coffee filter or clean cotton material.
- Olive oil is not recommended for deep frying due to its low smoke-point.

RECOMMENDED OILS

Vegetable oil:
A general term that revers to a blend of oils extracted from various seeds and fruits. Vegetable oil has a very mild flavour and aroma. It is low in cholesterol and saturated fats.

Sunflower oil:
The oil is extracted from the seeds of the sunflower plant. It is pale yellow in colour with virtally no flavour. Sunflower oil is high in polyunsaturated fats and low in saturated fats.

Canola oil:
Made from seeds of the canola plant. It is relatively low in saturated fats, contains Omega 3 fatty acids and has a bland neutral flavour.

Safflower oil:
Safflower oil is derived from the seeds form the safflower. It is strong in flavour, rich in colour and has a high smoke-point. Safflower oil is high in poyunsaturated fats and vitamin E.

Peanut oil:
Peanut oil is obtained from the kernels of the groundnut or peanut. It has a delicate flavour, nutty odour and has a high smoke –point. Peanut oil is high in mono-unsaturated oil and vitamin E.

DO NOT USE SOLID FRYING OILS, ONLY USE LIGUID OILS AS PER THE RECOMMENDATIONS.

Due to continuous product improvements we reserve the right to make technical and design changes.

Disposal of Used Electrical & Electronic Equipment

The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical & electronic equipments waste. In the European Union and Other European countries which there are separate collection systems for used electrical and electronic product. By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

RECIPES

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CRUMBED BRIE WITH STRAWBERRY SAUCE

MAKES 4 SERVES

4 × 125 g Brie cheese
1 egg, beaten
1 tbs milk
1 cup dried breadcrumb
3 litres oil for deep frying

1. Coated cheese in combined beaten egg and milk, then breadcrumb. Once coated, repeat coating in egg then breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with oil to maximum level. Preheat to 180 °C with lid closed.
3. Deep fry cheese in two batches until cooked and golden (approx. 2 minutes) allowing oil to reheat between each batch. Drain.

Serve as en entrée with Strawberry sauce and fruits garnish.

STRAWBERRY SAUCE

1 punnet strawberries, washed and hulled
1 tbs sugar

1. Puree strawberries and sugar.

Serve chilled as an accompaniment to Crumbed Brie.

SALT AND PEPPER CALAMARI

MAKES 4 SERVES

3 litres oil for deep frying
1⁄2 cup corn flour
1 teaspoon salt
1 teaspoon finely groun pepper
500 g calamari rings
1 egg white
2 tbs water
Sweet Thay Chilly Sauce

1. Fill deep fryer with 3 litres of oil. Preheat to 190 °C.
2. Combine flour, salt, pepper, egg white and water. Add to calamari in a large plastic bag. Shake bag to coat calamari evenly with flour mixture.
3. Deep fry in two batches for approximately 3–4 minutes allowing oil to reheat between each batch. Drain.

Serve with Sweet Thay Chilly Sauce and salad as an entrée or light meal.

CRUMBED PRAWN CUTLETS WITH GARLIC CHIVE MAYONNAISE

MAKES 4 SERVES

750 g (approx 36) green king prawns, peeled and deveined, tails intact
250 g plain flour
1 egg, beaten
1 tbs milk
1 cup dried breadcrumbs
grated zest 1 lemon
3 litres oil for deep frying

1. Coat prawns in flour, then the combined beaten egg and milk, then breadcrumbs mixed with lemon zest. Once coated, repeat coating in egg then breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with oil to maximum level. Preheat to 180 °C.
3. Deep fry prawns in two batches until cooked and golden (approx. 2–3 minutes) allowing oil to reheat between each batch. Drain.

GARLIC CHIVE MAYONNAISE

1/2 cup mayonnaise
1/4 cup sour cream
1 clove garlic, crushed
Finely grated zest 1 lemon
2 tbls snipped chives
Salt and proper to taste

1. Combine mayonnaise, sour cream, garlic, lemon zest and chives. Season to taste.

Serve chilled as an accompaniment to Crumbed Prawn Cutlets.

SALMON CROQUETTES

MAKES 4 SERVES

2 large potatoes, peeled and diced
415g can pink salmon, well drained
1 small onion, finely chipped
grated zest and juice of 1 lime or lemon
2 tbs chopped coriander or parsley
1 egg, beaten
1 cup grated tasty cheese
salt and pepper
plain flour
2 eggs, beaten
3 cups plain flour
3 litres oil for deep frying

1. Boil potatoes until tender. Drain and mash (yield approximately 2 cups). Combine mashed potatoes, salmon, onion, lime zest, juice, coriander, beaten egg and grated cheese. Season to taste.
2. Divide and shape mixture into 12 sausage-shaped croquettes. Coat croquettes in flour. Chill for 30 minutes.
3. Crumb the croquettes by placing them in the egg mix, then breadcrumb. Chill again for 30 minutes.
4. Fill deep fryer with 3 litres of oil. Preheat to 180 °C.
5. Deep fry croquettes in two batches until cooked and golden (approx. 4–5 minutes) allowing oil to reheat between each batch. Drain.

Serve as a light meal with salad.

SPRING ROLLS

MAKES 8 SERVES

3 litres oil for deep frying
350 g pork minced
200 g green prawns diced
1 tbl soy sauce
1/2 cup finely diced water chestnuts
4 green shallots, finely sliced
1 packaging of rice wrapper

1. Combine all the filling ingredients and mix well.
2. Place 1/4 cup of mixture onto each wrapper and roll; secure the last rolled edge with a drizzle of water.
3. Place the finished rolls onto a flat tray, the rolls can be frozen and cooked at a later date. These need to be defrosted before cooking.
4. Fill the deep fryer with 3 litres of oil and preheat to 180°C.
5. Place up to 4 spring rolls into the basket and carefully lower them into the oil. Cook for 4-6 minutes or until golden brown, allowing the oil to reheat between each batch.

SAMOSAS

MAKES 16 SERVES

1 tbs oil
1 small onion, finely chopped
1 teaspoon crushed garlic
1 teaspoon carry powder or paste
150 g potato, finely chopped
100 g carrot, finely chopped
1 tbs frozen peas
4 sheets ready rolled shortcrust pastry
1 tbs milk
3 litres oil for deep frying

1. To prepare filling, heat oil in a saucepan. Fry onion, garlic and curry powder until onion is soft. Add potato and carrot.
2. Cover and cook on a low heat until tender (approx. 10 minutes), strirring occasionally. Add peas.
3. Cool, then divide mixture into 16 portions.
4. Cut out 16 x 12cm round from pastry. Top each with potato mixture and brush edges of pastry with milk. Fold pastries in half, pressing edges together.
5. Fill deep fryer with 3 litres of oil. Preheat to 190°C.
6. Deep fry samosas, 4 at a time until golden (approx. 4–5 minutes) allowing oil to reheat between each batch. Drain.

Serve as a starter to a curry meal or as a light meal.

TEMPURA

Tempura is a style of deep frying that originated in Japan. It uses a very light batter to coat seafood (particularly prawns) and vegetables. Tempera is then traditionally served with a light dipping sauce.

Food suitable for Tempura are:

- Prawns
- Whole button mushrooms
- Sliced sweet potato
- Fresh asparagus
- Whole beans
- Whole baby corn
- Cauliflower or broccoli florets

TEMPURA BATTER

3 litres oil for deep frying
2 cups plain flour
2 egg yolks
2 cups iced water
selection of food from above

1. Fill deep fryer with 3 litres of oil. Preheat to 190 °C.
2. To prepare batter, sift flour into a bowl. Make a well in the centre. Add egg yolks and iced water stirring until just combined. The batter should be rough and only half mixed. As batter will thicken on standing, use immediately.
3. Coat food of choice in batter allowing excess batter to drain off.
4. With basket in lowered position, deep fry in small batches until pale golden (approx. 4–5 minutes) allowing oil to reheat between each batch. Drain.

Serve with Tempura Dipping Sauce or teriyaki sauce.

Tip: If batter becomes too thick, thin down with extra iced water.

When the basket is in the lowered position always use tongs made from high-temperature resistant material suitable for frying and gently lower the battered food into the oil.

NOTE

TEMPURA DIPPING SAUCE

MAKES 250 ml

1/3 cup soy sauce
1/3 cup mirin or sherry
1/3 cup strained chicken stock

1. Combine soy sauce, mirin and stock. Serve as dipping sauce for Tempura.

Tempura batter can also be used in other recipes then the traditional Tempura.

HONEY PRAWNS

MAKES 4 SERVES

3 litres oil for deep frying
16 green king prawns, peeled and deveined
1/2 quantity Tempura batter
1/2 cup honey, warmed
1/3 cup toasted sesame seeds
100g packet vermicelli noodles

1. Fill deep fryer with 3 litres of oil. Preheat to 190 °C.
2. Coat prawns in batter allowing excess batter to drain off.
3. With basket in lowered position, deep fry in two batches until golden (approx. 3–4 minutes) allowing oil to reheat between each batch.
4. Drain an drizzle with the warmed honey, then toss in sesame seeds.
5. Deep fry noodles a bundle at a time until the noodles rise to the surface (approx. 2–3 seconds). Drain.

Serve prawns with crispy noodles.

When the basket is in the lowered position always use tongs made from high-temperature resistant material suitable for frying and gently lower the battered food into the oil.

NOTE

FISH AND CHIPS

MAKES 4 SERVES

1 1/4 cup plain flour
pinch salt
2 eggs, separated
250 ml beer
1 tbs oil
3 litres oil for deep frying
4 boneless fish fillets (150 g each)
4 potatoes, peeled and cut in 1cm cubed chips
lemon wedges

1. To prepare batter, sift flour and salt into a bowl. Make a well in the centre. Add egg yolks, beer and oil. Beat until smooth then stand for 30 minutes. Beat egg whites until soft peaks form, fold through batter.
2. Fill deep fryer with 3 litres of oil and preheat to 180 °C. Preheat an oven to 150 °C to keep fish warm when cooked.
3. Coat the fish in batter allowing excess batter to drain off.
4. Deep fry fish in two batches until cooked and golden (approx. 3–4 minutes) allowing oil to reheat between each batch. Drain and keep warm.
5. Increase deep fryer temperature to 190 °C. When heated, deep fry chips in two barches until golden (approx. 12–15 minutes) allowing oil to reheat between each batch. Drain.

Serve fish and chips with lemon wedges and Tartare sauce.

When the basket is in the lowered position always use tongs made from high-temperature resistant material suitable for frying and gently lower the battered food into the oil.

Tip: If fish fillets have skin on, remove the skin otherwise the fish curls up while frying.

NOTE

TARTARE SAUCE

1/2 cup mayonnaise
1/4 cup sour cream
2 tbs chopped capers
2 tbs chopped gherkins
1 tbs chopped parsley
salt and pepper

1. Combine mayonnaise, sour cream, capers and gherkins. Season to taste.

Serve as and accopaniment to Fish and Chips.

CRUMBED LAMB CUTLETS WITH GREEN TOMATO

MAKES 4 SERVES

12 frenched lamb cutlets
plain flour
2 eggs, beaten
2 tbs milk
1 cup dried breadcrumbs
3 litres oil for deep frying

1. Coat cutlets in flour, shaking off any excess then coat in combined egg and milk, then breadcrumbs. Repeat coating in egg mixture and breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with 3 litres of oil. Preheat to 180 °C.
3. Deep fry cutlets in three batches until crisp and golden (approx. 5–6 minutes) allowing oil to reheat between each batch. Drain.

Serve with Green Tomato Salsa. Accompany with mashed potato.

GREEN TOMATO SALSA

MAKES 4 SERVES

1 cup parsley sprigs
1/2 cup mint leaves
1 clove garlic, peeled
1 Spanish onion, quartered
2 green tomatoes, quartered
2 tbs olive oil
2 tbs lemon juice

1. Place parsley and mint into a food processor and process using pulse button until roughly chopped.
2. Add garlic, onion, tomatoes, olive oil and lemon juice. Process using pulse button until just combined but still chunky in texture.

Serve chilled with lamb cutlets.

ITALIAN MEATBALLS

MAKES 4 SERVES

400 g beef minced
1 egg, beaten
1 cup fresh breadcrumbs
2 teaspoons crushed garlic
1/2 teaspoon dried Italian herbs
plain flour
3 litres of oil for deep frying

1. Combine minced, egg, breadcrumbs, garlic and herbs. Form into 16 round meatballs then coat in flour.
2. Fill deep fryer with 3 litres of oil. Preheat to 160 °C.
3. Deep fry meatballs in two batches until cooked and golden (approx. 10 minutes) allowing oil to reheat between wach batch. Drain.

Serve with your favorite pasta sauce and spaghetti.

SOUTHERN STYLE CHICKEN

MAKES 4 SERVES

3 litres oil for deep frying
1 cup flour
1/2 teaspoon salt
1/2 teaspoons ground black pepper
1 teaspoon paprika
8 chicken pieces (drumsticks, wings)
2 eggs, beaten
2 tbs milk

1. Fill deep fryer with 3 litres of oil. Preheat to 170 °C.
2. Sift flour, pepper and paprika into a bowl. Coat chicken pieces in combined beaten egg and milk then flour mixture.
3. Deep fry in two batches until cooked and golden (approx. 15 minutes) allowing oil to reheat between each batch. Drain.

Serve with corn and salad.

NOTE

To quicken cooking time, boil the chicken pieces first before crumbing.

SHOESTRING FRIES

MAKES 4 SERVES

3 litres oil for deep frying
4 potatoes

1. Fill deep fryer with 3 litres of oil. Preheat to 160 °C.
2. While waiting for oil to heat, peel and cut potatoes into thin straws and soak in water to prevent discolouration. When ready to cook, drain potatoes well and pat dry with paper towel.
3. Deep fry potato straws in two batches for 3–4 minutes, drain and place on a tray with absorbent paper.
4. Increase the temperature to 190 °C and cook the fries for 3–4 minutes to finish.

Allow oil to thoroughly reheat and potato straws to drain thoroughly in between frying. Frying twice will give a crisper result.

Tip: Use „baking" potatoes for deep frying. New potatoes are not recommended due to their high water content.

NOTE

DEEP FRIED MUSHROOMS

MAKES 4 SERVES

3 litres oil for deep frying
24 button mushrooms (approx 200 g), stalks trimmed
1 egg, beaten
1 tbs milk
cup fresh breadcrumbs

1. Fill deep fryer with oil and preheat to 150°C.
2. Coat mushrooms in combined egg and milk then breadcrumbs.
3. Deep fry mushrooms (approx. 5 minutes) allowing oil to reheat between each batch. Drain.

Serve as and accompaniment to chicken, or as a fingerfood idea served with a dipping sauce of sour cream and chopped chives.

SHREDDED VEGETABLES

3 litres oil for deep frying
grated vegetables such as potato, carrot or zucchini

1. Fill deep fryer with oil and preheat to 180 °C.
2. Squeeze any excess moisture from vegetables and pat dry thoroughly with paper towel.
3. Mix some tempura batter through the vegetables.
4. Deep fry about 1/2 cup at a time until crisp and golden (approx. 2–3 minutes) allowing oil to reheat between each batch. Drain.

Serve as a garnish.

CRISPY PARSLEY

3 litres oil for deep frying
parsley sprigs

1. Fill deep fryer with oil and preheat to 190 °C.
2. Wash parsley and pat dry thoroughly with paper towel.
3. Deep fry about 1/2 cup at a time until crisp and golden (approx. 2–3 minutes) allowing oil to reheat between each batch. Drain.

Serve as a garnish to seafood dishes.

CROUTONS

3 litres oil for deep frying
slices of day old bread, crusts removed

1. Fill deep fryer with oil and preheat to 190 °C.
2. Cut bread into small cubes. Deep fry about 1 cup at a time until crisp and golden (approx. 1–2 minutes) allowing oil to reheat between each batch. Drain.

Serve as a garnish for soup or Caesar Salad.

DEEP FRIED ICE CREAM WITH CARAMEL SAUCE

MAKES 4 SERVES

Full cream vanilla ice cream
500 g 2 day old commercial Madeira cake, processed into crumbs
3 eggs, beaten
1/4 teaspoon milk
3 litres oil for deep frying

1. Place a scone tray into the freezer for 10 minutes to get really cold. Scoop ice cream onto cold tray to make 8 balls. Return to freezer immedeately until ice cream is very hard.
2. Meanwhile, break cake into small pieces and process in a food processor or crumble with fingers to yield 4 cups cake crumbs.
3. To coat ice cream, remove one bal lat a time from freezer. Using two spoons, roll ice cream in combined egg and milk then cake crumbs. Return to freezer and repeat with remaining ice cream.

Working one at a time ensures ice cream does not melt.

NOTE

4. Leave in freezer for a miminum 1 hour then repeat coating in egg mixture then cake crumbs to ensure a thick, firm coating. Return to freezer for 15 minutes.

5. Fill deep fryer with oil and preheat to 190 °C.

6. Deep fry ice cream in two batches until golden (approx. 30 seconds) allowing oil to reheat between each batch. Drain.

Serve immediately with Caramel Sauce.

CARAMEL SAUCE

60 g butter
3/4 cup brown sugar
1 tbs cornflour
1/2 cup water
1/2 cup sour cream
pinch salt

1. Melt butter in saucepan or microwave. Add brown sugar stirring until smooth.
2. Add cornflour blended with water; bring to boil strirring until thickened.
3. Stir through cream and salt.

BANANA FRITTERS

MAKES 4 SERVES

1 cup self raising flour
1 teaspoon sugar
1 egg, beaten
2/3 cup milk
1 tbs butter, melted
4 bananas, peeled and cut in three
3 litres oil for deep frying

1. Sift flour into a bowl and make a well in the centre. Add sugar, combined egg, milk and melted butter.
2. Mix to a smooth batter and allow to stand for 15 minutes before using.
3. Coat bananas in batter allowing excess batter to drain off.
4. Fill deep fryer with oil and preheat to 180°C.
5. With basket in lowered position, deep fry bananas in two batches until golden (approx. 4–5 minutes) allowing oil to reheat between each batch. Drain.

Serve with ice cream.

When the basket is in the lowered position always use tongs made from high-temperature resistant material suitable for frying and gently lower the battered food into the oil.

NOTE

NOTE:

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DEEP FRYER

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Due to continued product improvement, the products illustrated/photographed in this brochure may vary slightly from the actual product.

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INFO@CATLER.EU